

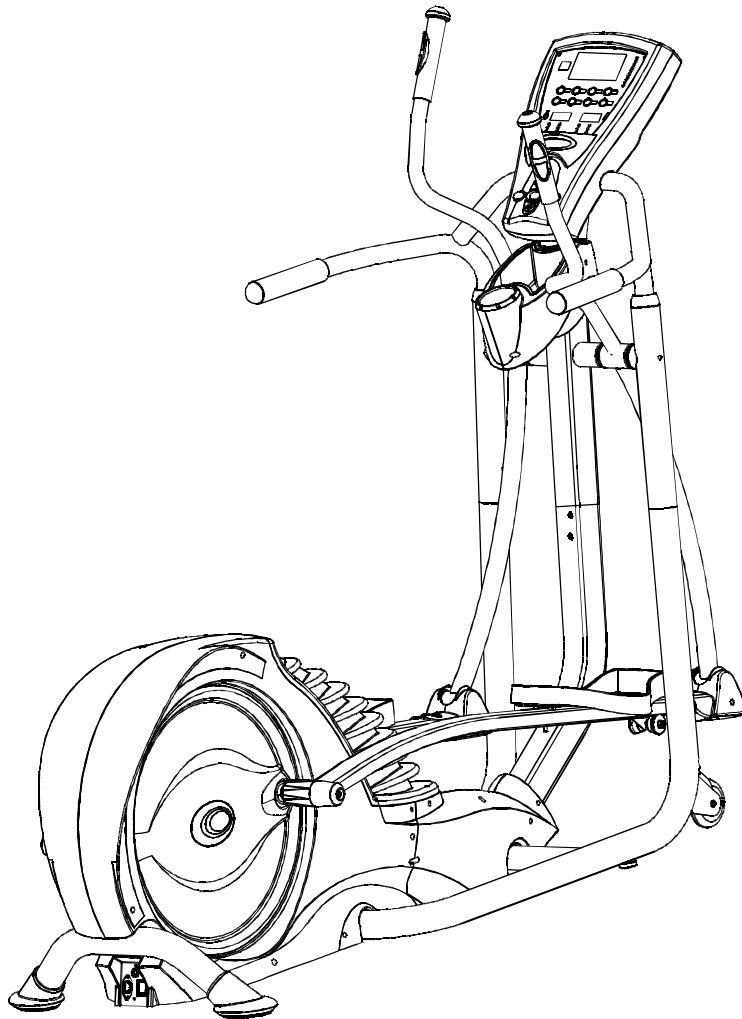
USER'S MANUAL

EVO XCITE ELLIPTICAL TRAINER

MODEL NUMBER: XCITE



www.evofitness.com



USER WEIGHT LIMITATION: **350lbs.**

TOLL FREE CUSTOMER SERVICE NUMBER: **1.888.800.1167**

SERIAL NUMBER (found on frame):

PREASSEMBLY**For future service or related questions:**

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your EVO Fitness Elliptical Trainer.

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local EVO dealer or contact us directly at 888-800-1167.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

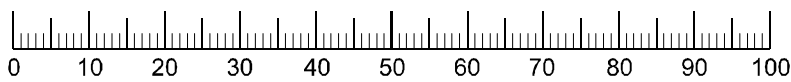
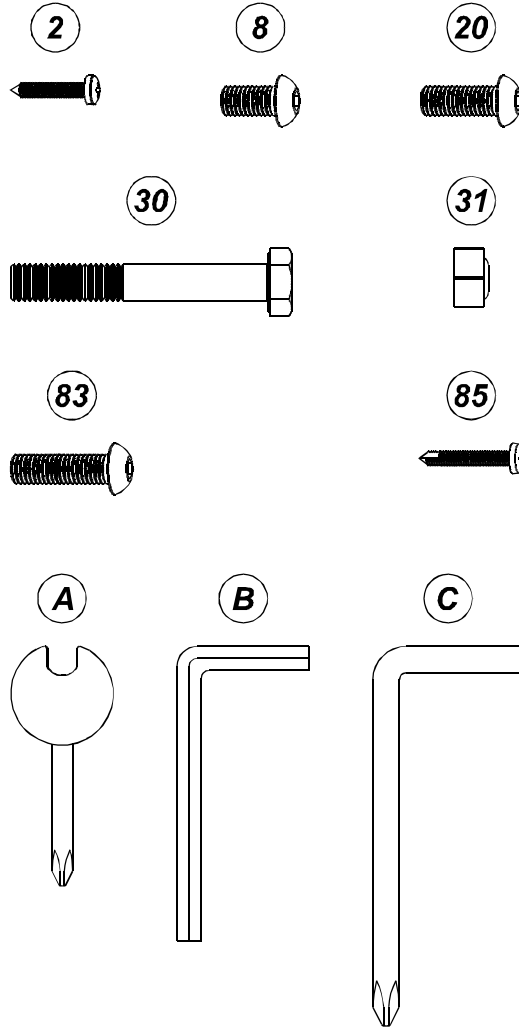
Please note that there is a weight limitation for this product. **If you weigh more than 350lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

HARDWARE COMPARISON CHART

Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

NO.	DESCRIPTION	QTY.
2	#4 x 19mm Screw	5
8	M6 x 20mm Allen Head Bolt	4
20	M8 x 19mm Bolt	4
30	M10 x 75mm Bolt	2
31	M10 Nylon Nut	2
83	M8 x 50mm Bolt	2
85	#4 x 19mm Screw	12
A	17mm Wrench	2
B	5mm Wrench	1
C	Wrench	1



MILLIMETERS

EVO XCITE ELLIPTICAL TRAINER

PARTS LIST

No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
1	Computer	1	XCITE-01	30	M10 x 75mm Bolt	2	XCITE-30
2	#4 x 19mm Screws	11	XCITE-02	31	M10 Nylon Nut	4	XCITE-31
3	Accessory Tray – Right Cover	1	XCITE-03	32	Pedal Arm Front Pivot Cover - Left	2	XCITE-32
4	Accessory Tray – Left Cover	1	XCITE-04	33	M8 Knob	2	XCITE-33
5	Accessory Tray	1	XCITE-05	34	Handlebar Cap	2	XCITE-34
6	Water Bottle Holder	1	XCITE-06	35	Hand Pulse Contact Sensor	2	XCITE-35
7	Console Holder	1	XCITE-07	36	Handlebar (Right)	1	XCITE-36
8	M6 x 20mm Allen Head Bolt	4	XCITE-08	37	Handlebar (Left)	1	XCITE-37
9	Front Upright Frame	1	XCITE-09	38	1.5" Handlebar Pivot Bushing	4	XCITE-38
10	Handlebar Pivot Axle	1	XCITE-10	39	Hand Rail Cap	2	XCITE-39
11	2" x 38 (ID25.4) Handlebar Pivot Bushing	2	XCITE-11	40	1.2 Pivot Bushing	4	XCITE-40
12	Front Cover (Right)	1	XCITE-12	41	Bearing (6000zz)	5	XCITE-41
13	Front Cover (Left)	1	XCITE-13	42	Hand Rail Frame – Right	1	XCITE-42
14	Top Cover	1	XCITE-14	43	60mm/38mm Plastic Housing	2	XCITE-43
15	Rear Cover (Right)	1	XCITE-15	44	Hand Rail Support Upright	2	XCITE-44
16	Rear Cover (Left)	1	XCITE-16	45	M8 x 60mm Bolt	2	XCITE-45
17	Pedal (Right)	1	XCITE-17	46	Hand Rail Frame – Left	1	XCITE-46
18	M8 x 50mm Bolt	2	XCITE-18	47	2" x 38 (ID 9) Handlebar Pivot Bushing	2	XCITE-47
19	Pedal Arm Rear Pivot Cover	2	XCITE-19	48	M10 x 40mm Bolt	2	XCITE-48
20	M8 x 19mm Bolt	6	XCITE-20	49	Caster	2	XCITE-49
21	M8 x 31.8mm Washer	2	XCITE-21	50	Level Adjusters	2	XCITE-50
22	Pedal Arm (Right)	1	XCITE-22	51	M5 x 8mm Bolt	5	XCITE-51
23	M6 x 10mm Bolt	8	XCITE-23	52	M6 x 12mm Bolt	2	XCITE-52
24	Pedal Support Bracket	2	XCITE-24	53	Flywheel Axle Bracket	1	XCITE-53
25	M6 x Nylon Nut	8	XCITE-25	54	Flywheel Assembly	1	XCITE-54
26	M10 Nut	4	XCITE-26	55	Spring Washer M8	4	XCITE-55
27	Pedal Adjustment Wheel	4	XCITE-27	56	M8 x 16mm Bolt	4	XCITE-56
28	M8 Nylon Nut	6	XCITE-28	57	M10 x 101mm Axle	1	XCITE-57
29	Pedal Arm Front Pivot Cover – Right	2	XCITE-29	58	12 x 22mm Washer	4	XCITE-58

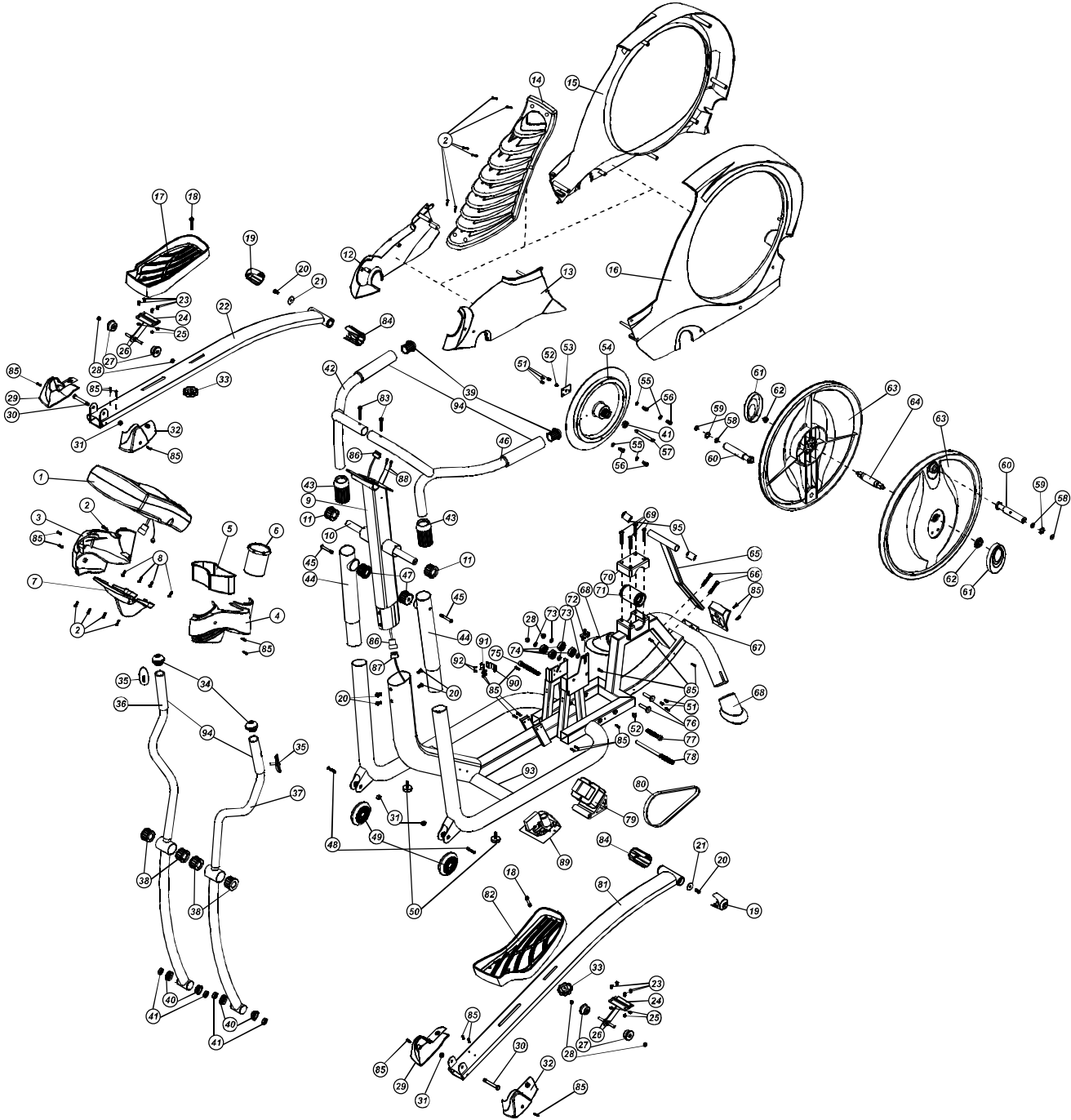
EVO XCITE ELLIPTICAL TRAINER

PARTS LIST

No.	Description	Qty.	Order No.	No.	Description	Qty.	Order No.
59	Spring Washer	2	XCITE-59	89	Control Board	1	XCITE-89
60	25 x 149mm Pedal Axle	2	XCITE-60	90	Sensor Bracket	1	XCITE-90
61	Crank Disk Cap	2	XCITE-61	91	Sensor	1	XCITE-91
62	M12 Nut	2	XCITE-62	92	M2 x 6mm Bolt	2	XCITE-92
63	Crank Disk	2	XCITE-63	93	Main Frame	1	XCITE-93
64	27 x 151.8mm Crank Disk Axle	1	XCITE-64	94	Handlebar Foam Grips	4	XCITE-94
65	Shroud Support Tube	1	XCITE-65	95	Plastic Caps	2	XCITE-95
66	M8 x 25mm Bolt	2	XCITE-66				
67	Power Switch	1	XCITE-67				
68	Rear Stabilizer Cap	2	XCITE-68				
69	M8 x 50mm Bolt	4	XCITE-69				
70	Crank Bearing Holder	1	XCITE-70				
71	Bearing Housing	1	XCITE-71				
72	Tension Pulley Bracket	1	XCITE-72				
73	18 x 10 x 5.1mm Washer	4	XCITE-73				
74	Bearing (6300zz)	4	XCITE-74				
75	M12 x 100mm Bolt	1	XCITE-75				
76	M10 x 18mm Bearing Axle	2	XCITE-76				
77	M12 x 70mm Bolt	1	XCITE-77				
78	Magnet Adjustment Pivot Axle	1	XCITE-78				
79	Magnet	1	XCITE-79				
80	Belt	1	XCITE-80				
81	Pedal Arm (Left)	1	XCITE-81				
82	Pedal (Left)	1	XCITE-82				
83	M8 x 50mm Bolt	2	XCITE-83				
84	Crank Disk Shaft Cap – Left	2	XCITE-84				
85	#4 x 19mm Screws	26	XCITE-85				
86	Computer Wire – Upper Section	1	XCITE-86				
87	Computer Wire – Lower Section	1	XCITE-87				
88	Hand Pulse Wire	1	XCITE-88				

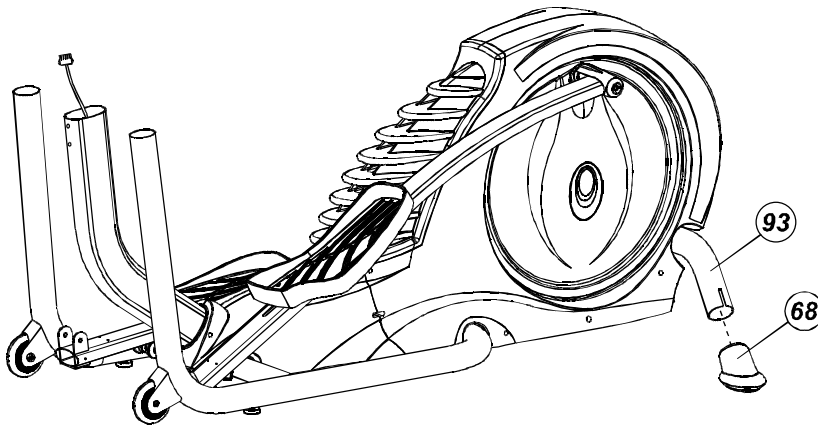
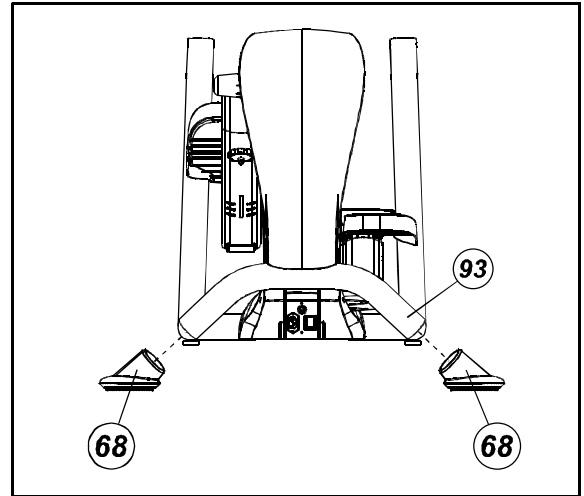
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



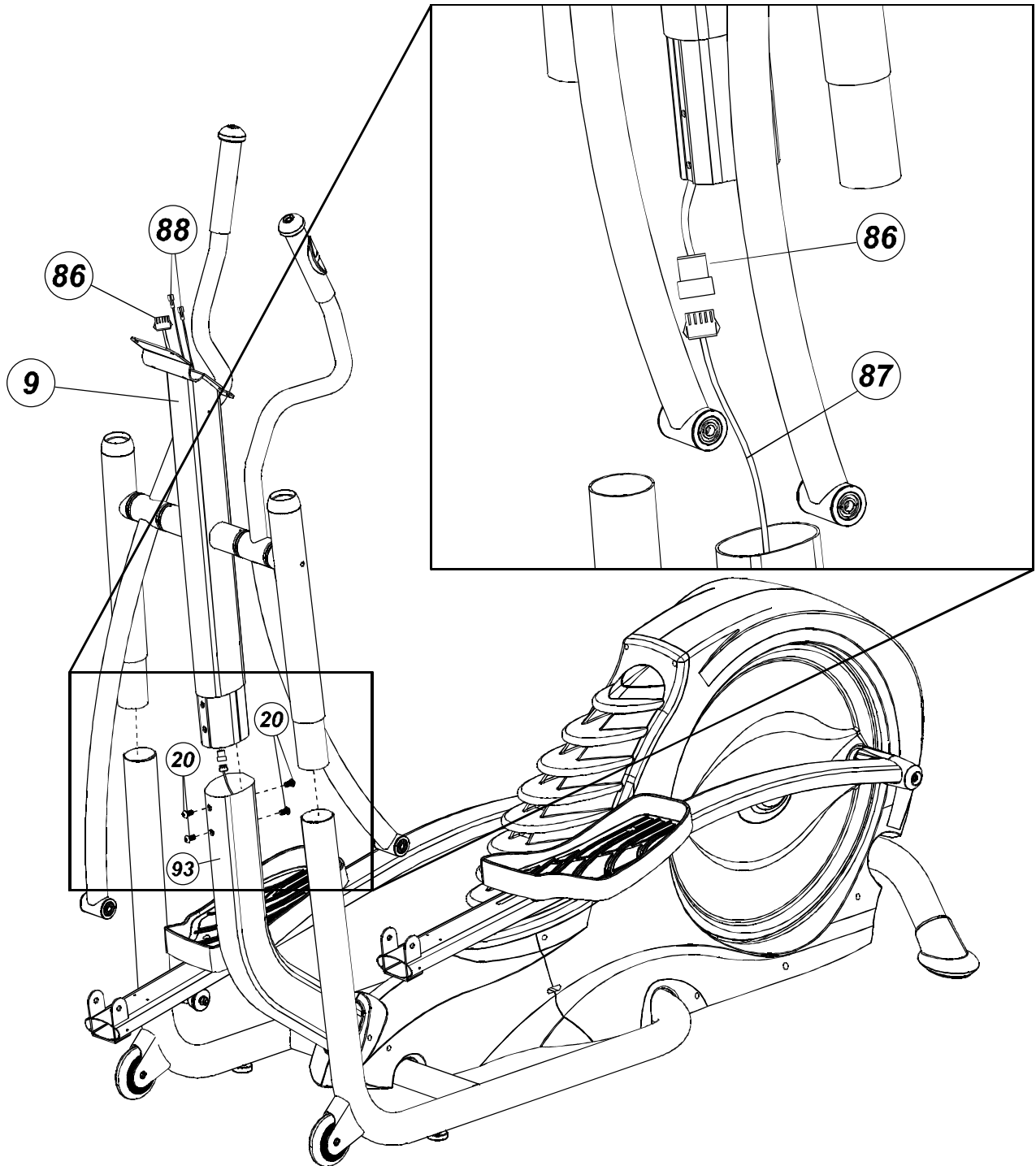
ASSEMBLY**STEP 1:**

Slide a Rear Stabilizer Cap (68) onto each side of the Main Frame (93).



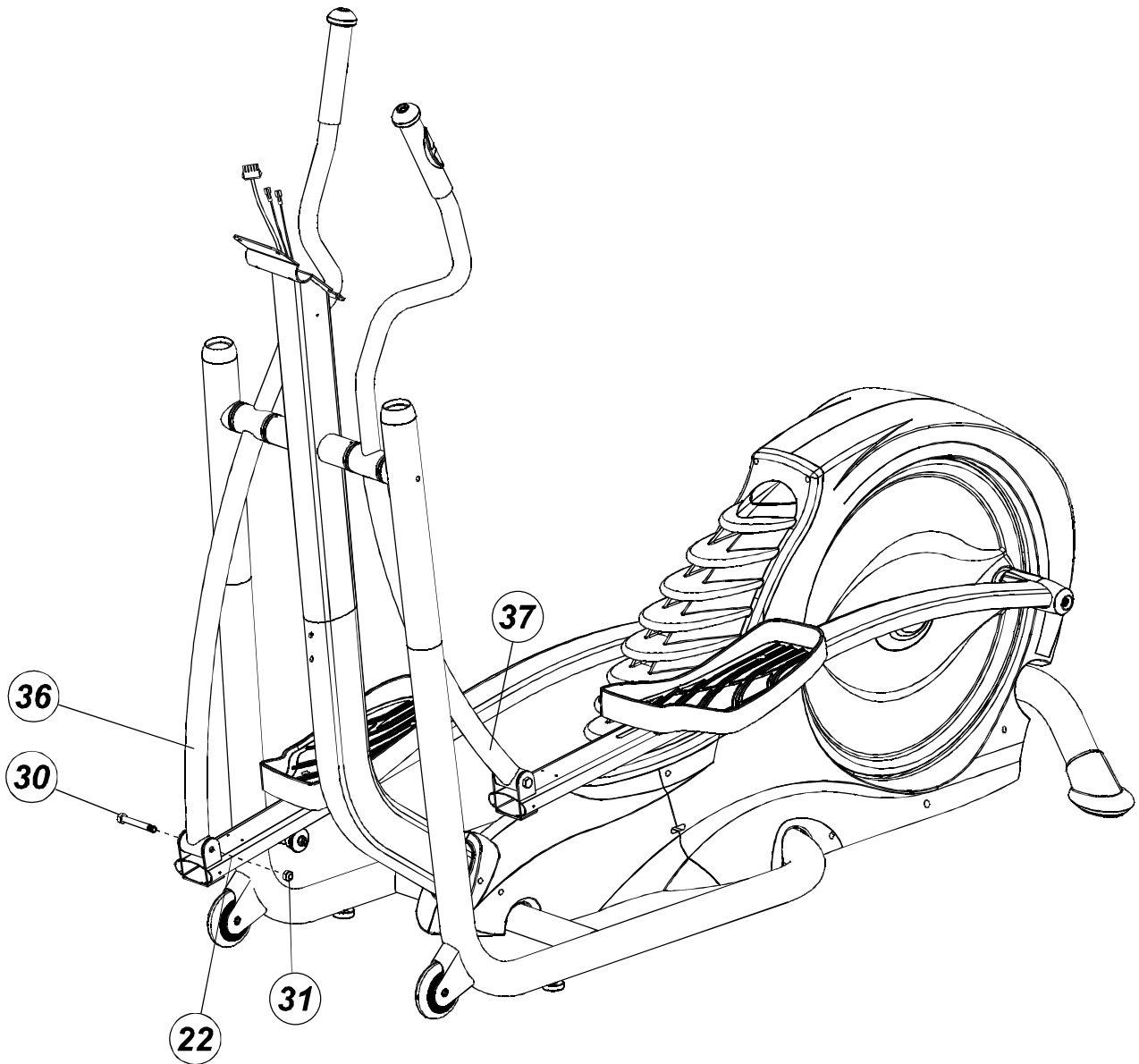
ASSEMBLY**STEP 2:**

First make sure to connect the Computer Wire - Upper Section (86) and the Computer Wire - Lower Section (87). Slide the Front Upright Frame (9) into the Main Frame (93) and secure with M8 x 19mm Bolts (20).



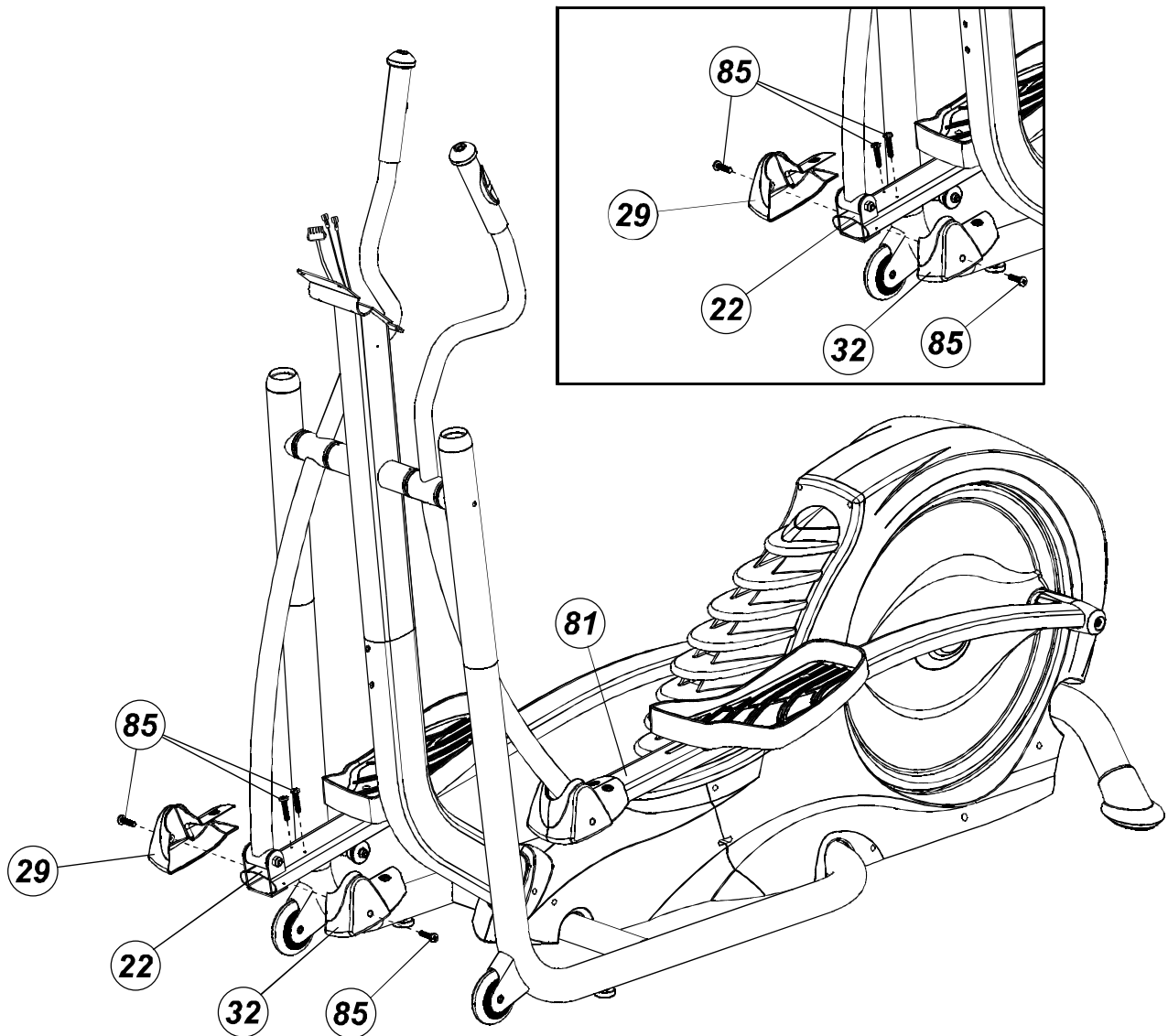
ASSEMBLY**STEP 3:**

Secure the Handlebar (Right) (36) to the Pedal Arm (Right) (22) using M10 x 75mm Bolt (30) and M10 Nylon Nut (31). Repeat this procedure on the Handlebar (Left) (37).



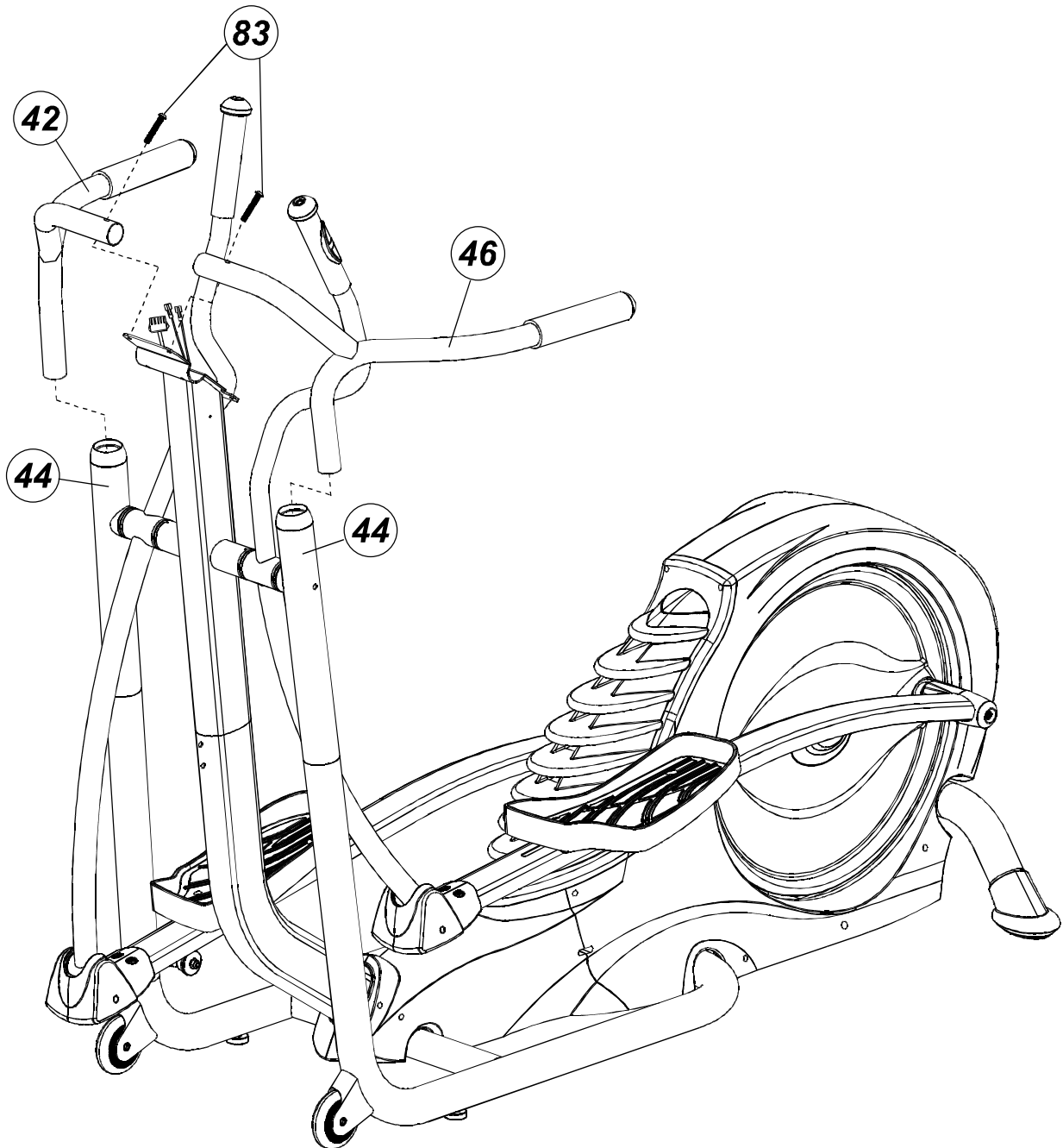
ASSEMBLY**STEP 4:**

Attach the Pedal Arm Front Pivot Cover – Right (29) and the Pedal Arm Front Pivot Cover – Left (32) to the Pedal Arm (Right) (22) and secure with #4 x 19mm Screws (85). Repeat this procedure on the Pedal Arm (Left) (81).



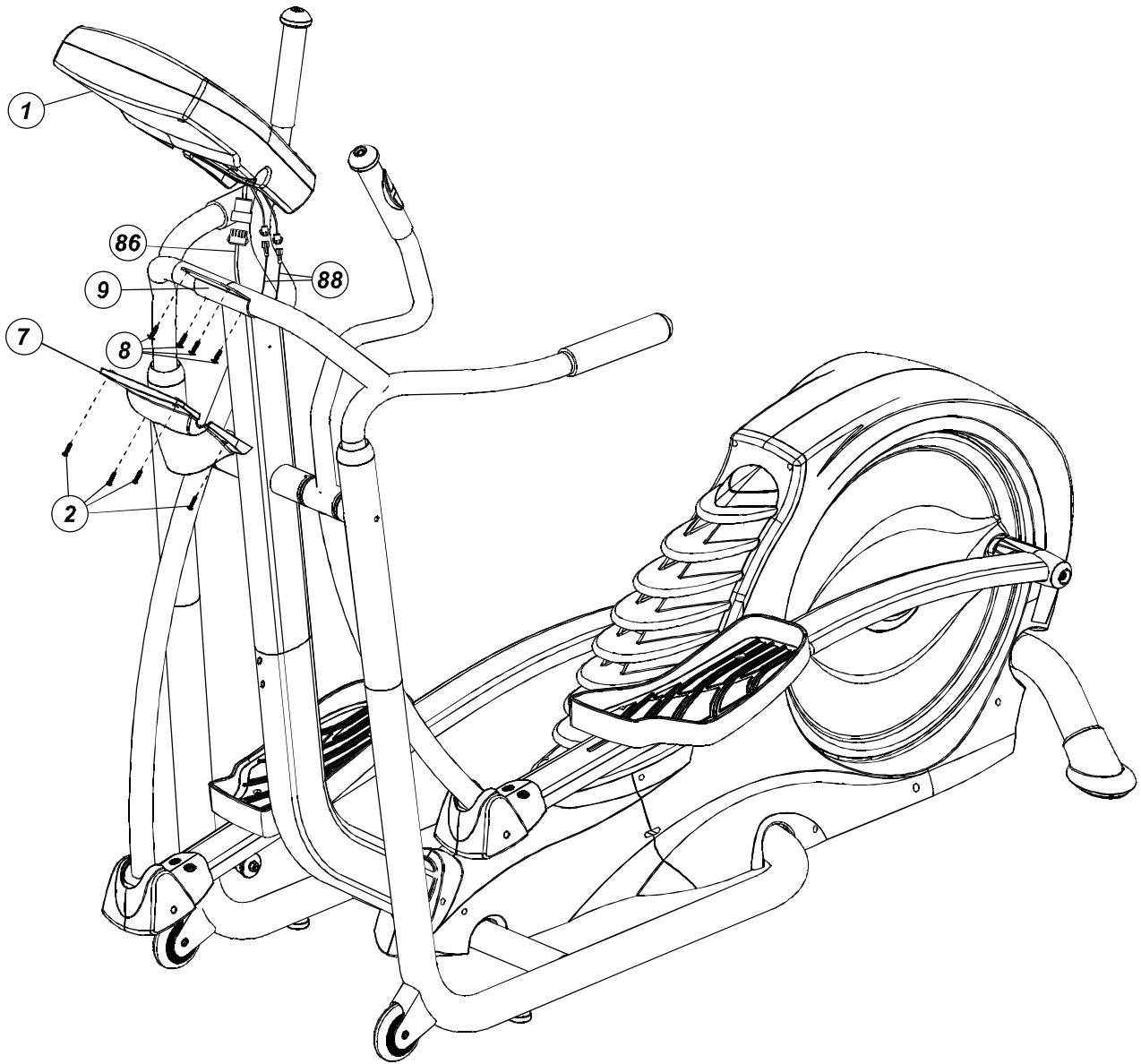
ASSEMBLY**STEP 5:**

Slide the Hand Rail Frame – Right (42) and the Hand Rail Frame – Left (46) into the Hand Rail Support Upright (44) and secure with M8 x 50mm Bolts (83).



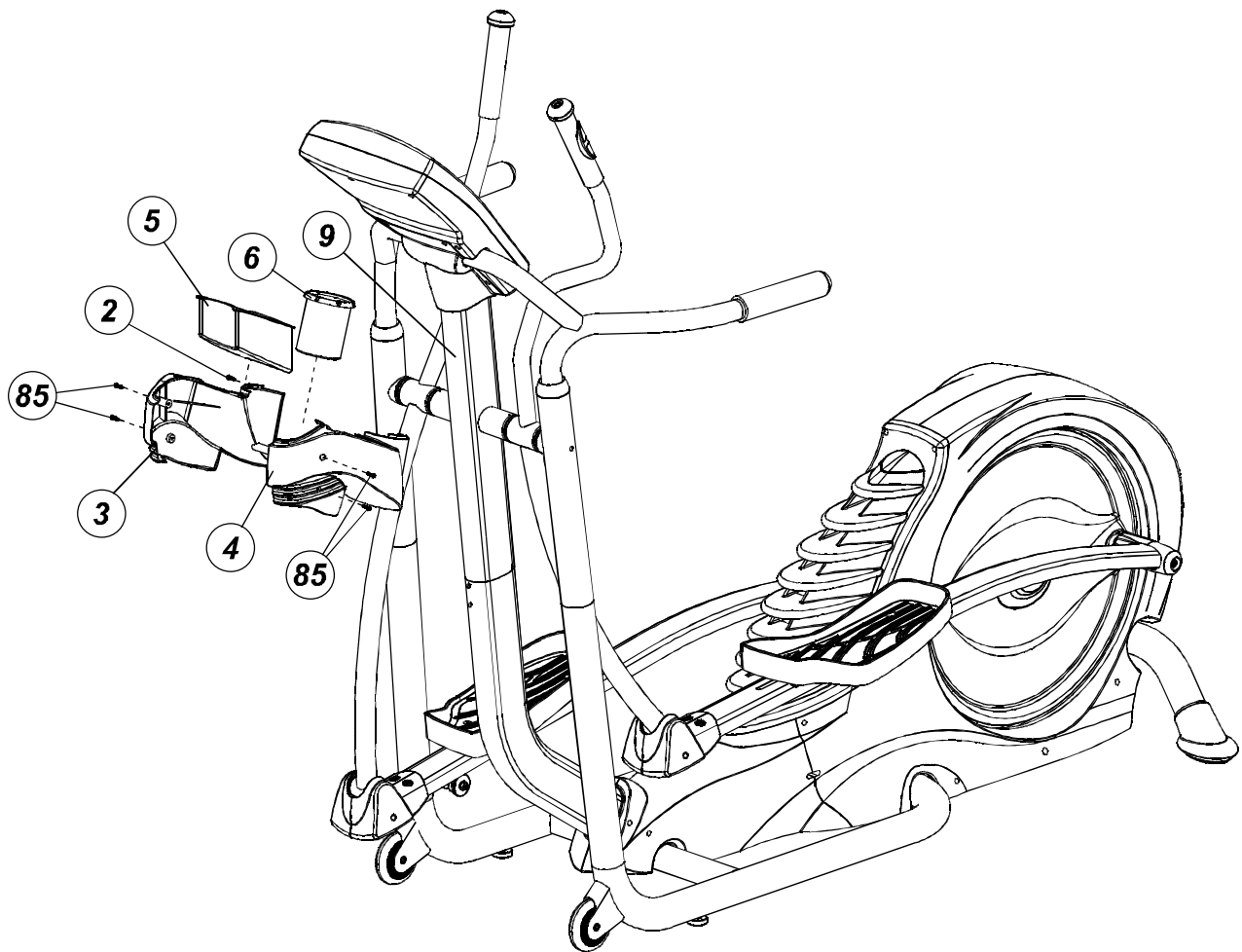
ASSEMBLY**STEP 6:**

Connect the Computer Wire – Upper Section (86) and the Hand Pulse Wires (88). Attach the Computer (1) and Console Holder (7) to the Front Upright Frame (9) and secure with M6 x 20mm Allen Head Bolts (8) and #4 x 19mm Screws (2).



ASSEMBLY**STEP 7:**

Attach the Accessory Tray – Right Cover (3) and the Accessory Tray – Left Cover (4) to the Front Upright Frame (9) and secure with #4 x 19mm Screws (85) and #4 x 19mm Screw (2). Slide the Accessory Tray (5) and the Water Bottle Holder (6) into the Accessory Tray – Right and Left Covers (3 and 4).

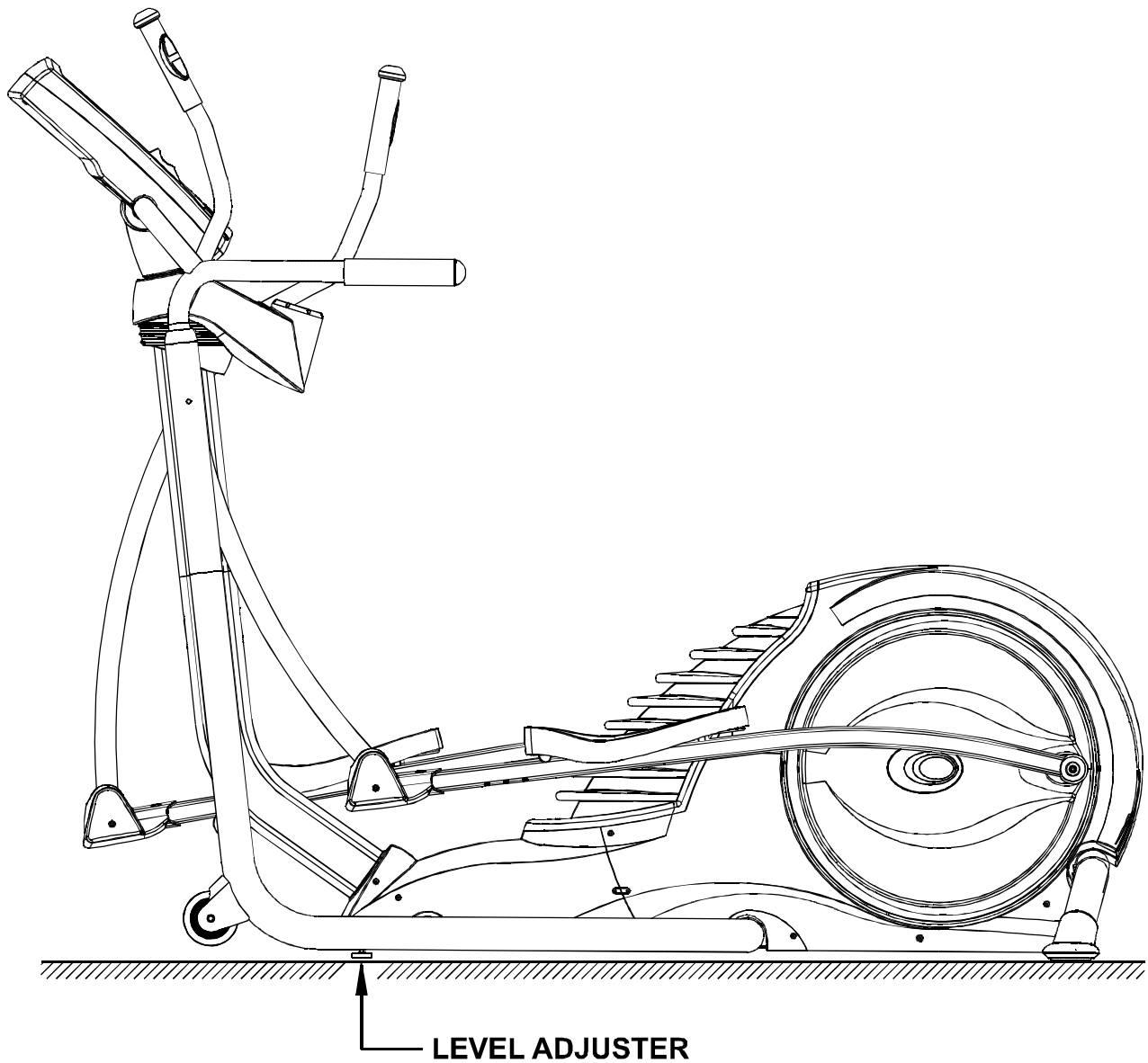


LEVEL ADJUSTMENT**LEVEL ADJUSTMENT:**

To adjust the levelers follow these instructions:

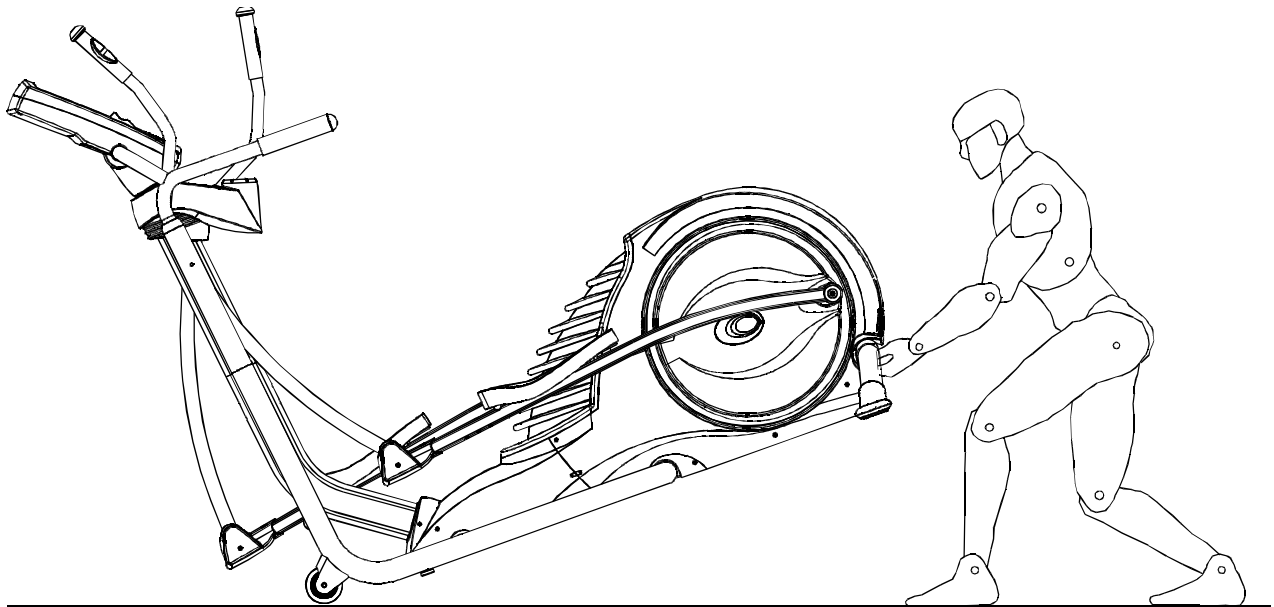
You will need someone to help you with this procedure, as you will need to tip elliptical trainer on its side.

Tip the elliptical trainer to the left/right. You will then see the **LEVEL ADJUSTERS**. These will need to be screwed either in or out to level the elliptical trainer. Repeat for the other side. It may help to use a spirit level when adjusting the level on your elliptical trainer.



TRANSPORT INSTRUCTIONS**TRANSPORT INSTRUCTIONS:**

To transport your elliptical trainer simply lift the back end and roll it away to the desired location, as shown.



WARRANTY

Warranty Coverage: Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of your purchase for a period of a LIFETIME on the frame and magnetic brakes, THREE (3) years on all other parts and ONE (1) year on labor. There is also a light commercial warranty for a period of TWO (2) years on all parts. This warranty does not cover labor for commercial use and is not valid if the unit is placed into a membership selling club. Smooth Fitness reserves the right to inspect damaged parts for misuse.

It is recommended that the Original Receipt be kept with the product manual.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. To obtain service call your local Smooth Retailer.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness. If repairs are required, the unit will be repaired at the location of use or by return to the factory as deemed appropriate by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service call your local Smooth Retailer. To help them assist you, please have the following information ready:

- ?? Model name or number from the cover of the manual;
- ?? Serial number located on the frame of the unit; and
- ?? The part description and the order number.

Limitations on Warranty: This Warranty will only apply to the original end user. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used for rental or commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

For assistance with assembly or to order replacement parts, simply call your local Smooth Retailer. To help them assist you, please have the following information ready:

- ?? Model name or number from the cover of the manual;
- ?? Serial number located on the frame of the unit; and
- ?? The part description and order number.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- ?? Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- ?? Begin your training program slowly with realistic goals that have been set by you and your doctor.
- ?? Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- ?? Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



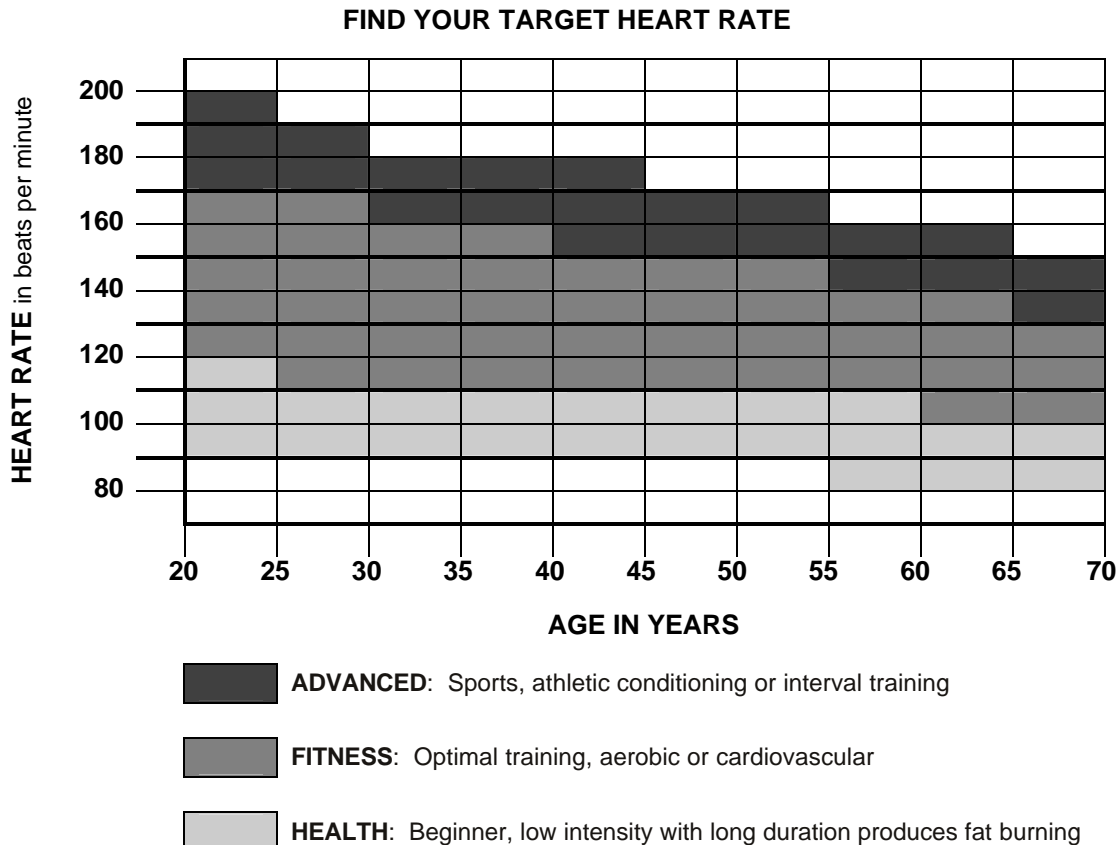
The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



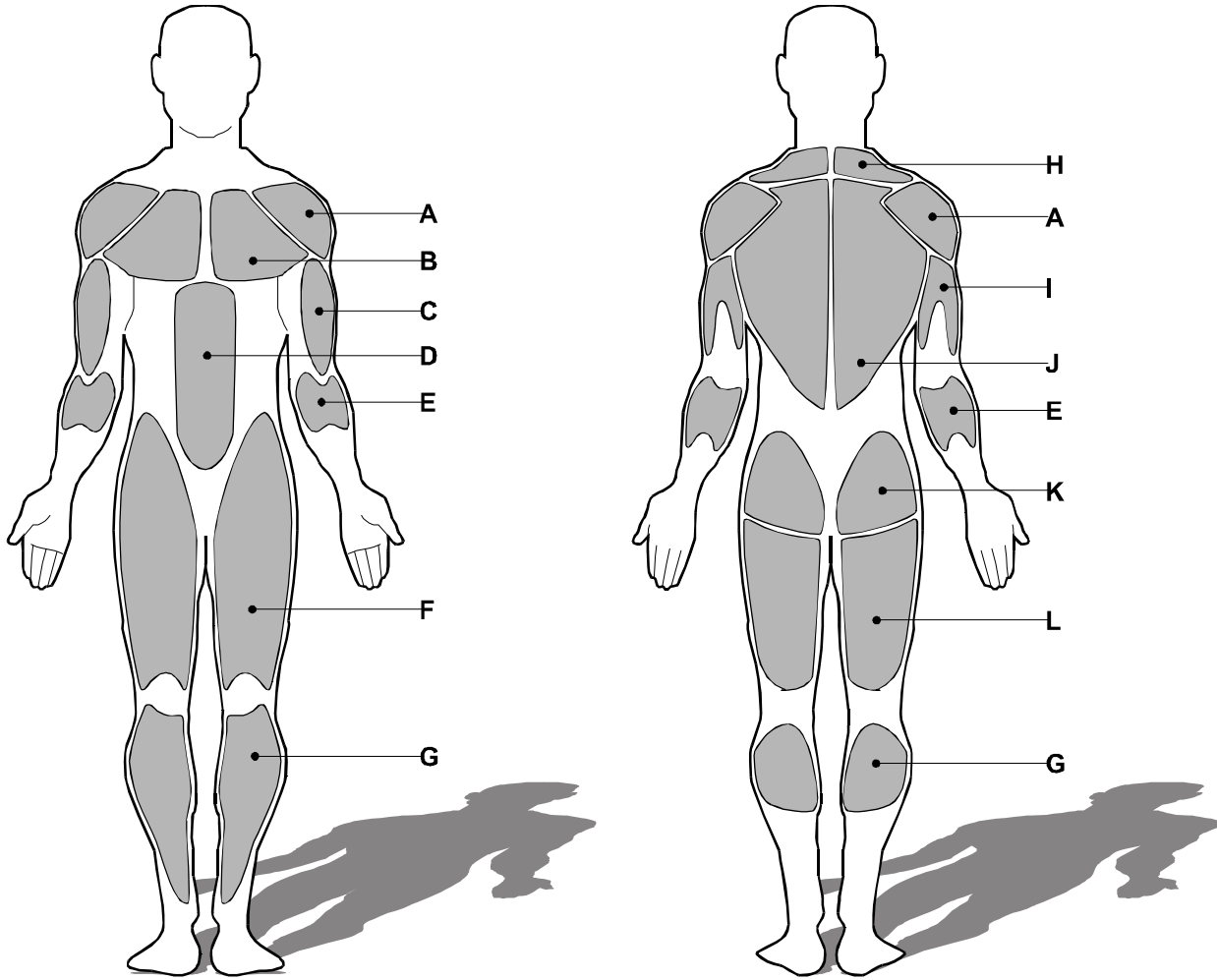
Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop the upper and lower body muscle groups. These muscle groups are shown in gray color on the chart below.



Shoulder muscles	<input type="text" value="A"/>	<input type="text" value="B"/>	Pectoral muscles
Bicep muscle	<input type="text" value="C"/>	<input type="text" value="D"/>	Abdominal muscles
Forearm muscles	<input type="text" value="E"/>	<input type="text" value="F"/>	Quadricep muscles
Calf muscles	<input type="text" value="G"/>	<input type="text" value="H"/>	Trapezius muscles
Tricep muscles	<input type="text" value="I"/>	<input type="text" value="J"/>	Back muscles
Gluteal muscles	<input type="text" value="K"/>	<input type="text" value="L"/>	Hamstring muscles

STRETCHING ROUTINE

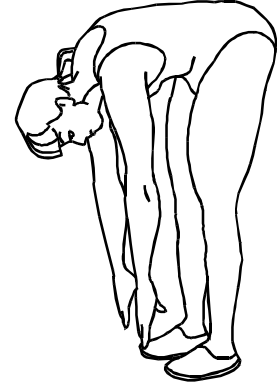
Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



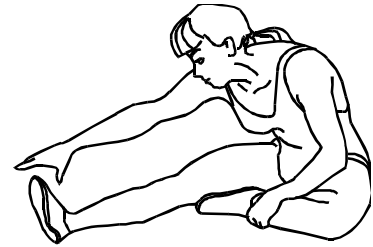
Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



STRETCHING ROUTINE**Hamstring Stretch:**

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Inner Thigh Stretch:**

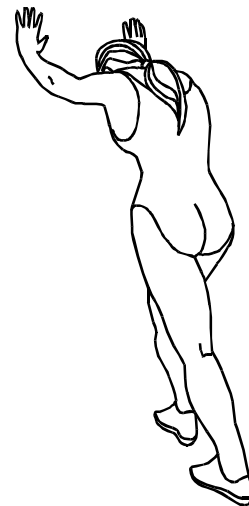
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Side Stretch:**

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.





Smooth Fitness
112 Gaither Drive
Mt. Laurel, NJ 08054

Toll Free Customer Service:
1.888.800.1167

Website:
www.evofitness.com